

May is Mental Health Month

Whereas: the mental health of every individual is essential to the emotional and economic prosperity of families, neighborhoods, and businesses in Lexington, Massachusetts; and

Whereas: mental health is a key component of every person's overall physical health and emotional well-being; and

Whereas: all Lexington residents face challenges that impact their mental health regardless of age, race, gender, ability, ethnicity, sexual orientation, socioeconomic status, or religion; and

Whereas: feelings of personal shame and fears of social stigma and discrimination prevent many living with mental illness from seeking help; and

Whereas: stigma can be reduced by increasing the awareness of mental illness and available resources for those suffering from mental health conditions; and

Whereas: greater public awareness about mental wellness can positively transform attitudes about, and towards, people with mental illness, making it easier for our citizens to seek help; and

Whereas: with effective treatment, those individuals with mental health conditions can lead full, productive lives; and

Whereas: prevention is an effective way to reduce the burden of mental health conditions; and

Whereas: we strive to create a Lexington that supports mental wellness by increasing access to treatment, educating residents about mental wellness and mental illness, and supporting our loved ones as they seek to improve their mental health; and

Whereas: there are practical tools that all people can use to improve their mental health and increase resiliency.

NOW THEREFORE: The Town of Lexington, MA, Human Rights Committee does hereby proclaim the month of May to be annually recognized as Mental Health Month; we call this observance to the attention of all our residents and boards and encourage other boards to adopt the same recognition.

The Town of Lexington, Human Rights Committee